

CATHOLIC ARCHDIOCESE OF CANBERRA AND GOULBURN

CANBERRA INNER NORTH CATHOLIC COMMUNITY (CINCC)

PASTORED BY THE CONGREGATION OF THE BLESSED SACRAMENT (SSS)



14TH SUNDAY IN ORDINARY TIME
YEAR A | 4-5 JULY 2026



LEARN FROM ME AND YOU WILL FIND REST FOR YOUR SOUL

BY DON SCHWAGER
www.dailyscripture.net

Do you want to know the mind and heart of God? Jesus thanks the Father in heaven for revealing to his followers the wisdom and knowledge of God. What does Jesus' prayer tell us about God and about our relationship with him? First, it tells us that God is both Father and Lord of the earth as well as heaven. He is both the Creator and Author of all that he has made, the first origin of everything. His authority, wisdom, and gracious care extends to every living thing, and his boundless love and goodness is directed to the welfare of each person made in his image and likeness. He is the source of all human life. That is why all fatherhood and motherhood are ultimately derived from him (Eph 3:14-15).

The sweet yoke of Jesus

What does the yoke of Jesus refer to in the Gospel (Mt 11:29)? The Jews used the image of a yoke to express submission to God. They spoke of the yoke of the law, the yoke of the commandments, the yoke of the kingdom, the yoke of God. Jesus says his yoke is "easy". The Greek word for "easy" can also mean "well-fitting". Yokes were tailor-made to fit the oxen well. We are commanded to put on the "sweet yoke of Jesus" and to live the "heavenly way of life and happiness".

Jesus also says his "burden is light". There's a story of a man who once met a boy carrying a smaller crippled lad on his back. "That's a heavy load you are carrying there," exclaimed the man. "He ain't heavy; he's my brother!" responded the boy. No burden is too heavy when it's given in love and carried in love. Jesus offers us a new kingdom of righteousness, peace, and joy. In his kingdom sins are not only forgiven but removed, and eternal life is poured out for all its citizens. This is not a political kingdom, but a spiritual one.

Freedom from sin and guilt

The yoke of Christ's kingdom, his kingly rule and way of life, liberates us from the burden of guilt and from the oppression of sinful habits and hurtful desires. Only Jesus can lift the burden of sin and the weight of hopelessness from us - and give us a weight of love and glory in exchange. Jesus used the analogy of a yoke to explain how we can exchange the burden of sin and despair for a burden of glory and yoke of freedom from sin. The yoke which Jesus invites us to embrace is his way of grace and freedom from the power of sin. Do you trust in God's love and submit to his will and plan for your life?

C H U R C H E S

ST PATRICK, BRADDON

SUN	8:00 am	Mass
	10:00 am	German Mass (1st and 3rd Sundays of the month)
TUE-FRI	12:10 pm	Rosary
	12:30 pm	Mass
FRI	11:30 am -	Adoration &
	12:30 pm	Confession

ST BRIGID, DICKSON

SUN	9:30 am	Mass
	5:00 pm	Vietnamese Mass (1st and 3rd Sundays of the month)
		Maronite Mass (Last Sunday of the month)
TUE-SAT	8:40 am	Rosary
	9:00 am	Mass
WED	8:00 am -	Adoration
	11:00 am	
	5:00 pm -	Adoration
	8:00 pm	
SAT	9:30 am -	Adoration &
	10:00 am	Confession
	5:30 pm -	Confession
	6:00 pm	Vigil Mass

Healing Service takes place after the Mass on the 3rd Sunday of the month.

ST JOSEPH, O'CONNOR

SUN	8:30 am	Mass
TUE-FRI	8:15 am -	Adoration
	9:10 am	(Confession during Adoration every Friday.)
	9:15 am	Mass
SAT	8:15 am	Novena to Our Lady of the Perpetual Help
	8:30 am	Mass
	5:15 pm -	Confession
	5:45 pm	
	6:00 pm	Vigil Mass

Anointing of the Sick is within the Mass at 8:30 am every 1st Saturday of the month.

Recitation of the Rosary takes place after the 9:15 a.m. Mass, Tuesday to Friday.

ST THOMAS MORE, CAMPBELL

SUN	10:00 am	Mass
FRI	11:00 am -	Adoration
	11:45 am	
	11:45 am	Mass

Confession is every Friday, 11:00 am to 11:40 am. Anointing of the Sick takes place every 1st Sunday of the month at 11:15 am.

HOLY ROSARY | BLACKFRIARS, WATSON

SUN	9:30 am	Rosary
	10:00 am	Mass
	5:00 pm	Mass
TUE-FRI	5:30 pm	Mass
SAT	4:00 pm -	Confession
	4:30 pm	
	5:00 pm	Vigil Mass
FRI	6:00 pm -	Adoration
	7:00 pm	

READINGS

ENTRANCE ANTIPHON

cf. Psalm 47:10-11

Your merciful love, O God, we have received in the midst of your temple. Your praise, O God, like your name, reaches the ends of the earth; your right hand is filled with saving justice.

FIRST READING

Zechariah 9:9-10

The Lord says this: Rejoice heart and soul, daughter of Zion! Shout with gladness, daughter of Jerusalem! See now, your king comes to you; he is victorious, he is triumphant, humble and riding on a donkey, on a colt, the foal of a donkey. He will banish chariots from Ephraim and horses from Jerusalem; the bow of war will be banished. He will proclaim peace for the nations. His empire shall stretch from sea to sea, from the River to the ends of the earth.

RESPONSORIAL PSALM

Psalm 144(145):1-2,8-11,13b-14

R: I will praise your name for ever, my king and my God.

SECOND READING

Romans 8:9,11-13

Your interests are not in the unspiritual, but in the spiritual, since the Spirit of God has made his home in you. In fact, unless you possessed the Spirit of Christ you would not belong to him, and if the Spirit of him who raised Jesus from the dead is living in you, then he who raised Jesus from the dead will give life to your own mortal bodies through his Spirit living in you. So then, my brothers, there is no necessity for us to obey our unspiritual selves or to live unspiritual lives. If you do live in that way, you are doomed to die; but if by the Spirit you put an end to the misdeeds of the body you will live.

GOSPEL ACCLAMATION

cf. Matthew 11:25

Alleluia, alleluia! Blessed are you, Father, Lord of heaven and earth; you have revealed to little ones the mysteries of the kingdom. Alleluia!

GOSPEL

Matthew 11:25-30

Jesus exclaimed, 'I bless you, Father, Lord of heaven and of earth, for hiding these things from the learned and the clever and revealing them to mere children. Yes, Father, for that is what it pleased you to do. Everything has been entrusted to me by my Father; and no one knows the Son except the Father, just as no one knows the Father except the Son and those to whom the Son chooses to reveal him. 'Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light.'

COMMUNION ANTIPHON

cf. Psalm 33:9

Taste and see that the Lord is good; blessed the man who seeks refuge in him.

PRAYER INTENTIONS

OUR RECENTLY DECEASED

Marija Belsa, Rod Parton, David Hardaker, Norma Clarke, Sr Ursula Drennan RSM, Cedric Swanson, Sarafina Barbaro, Rev Prof Michael Tate AO, Nada Turkovic, Regina Sliwinski, Christina Littley, Anthony Wright, Brian Brown, Ferangis Fadie, Gwenda Romer (nee Hewitt), Mila Mandich, Ian (Bill) McKenzie and Barry Foster

IN LOVING MEMORY

Dorothy Olsen, Eva Cabardo Arado, Sem Anthony Cabardo, Katey Tuite, Antony Lawrence Fernando, Caterina Schimizzi, Joseph Dong, Geof Gale, Juan C Tiu, Claudine Ignace Radjam, Alfred & Jane Mercieca, Alister Perera, Barbara Avis, Gwen Gleeson, John Byrne, Joseph Tran, Karl Marian Daniel Holmes, Micheal Ekpe, Peter Desmond (Des), Wilbourne & Wilson Librando

*"Eternal rest grant unto them,
O Lord, and let perpetual light
shine upon them. May the souls of
the faithful departed, through the
mercy of God, rest in peace.
Amen.*



SPECIAL INTENTIONS

Maureen Dawes, Amanda Johanson, Joe Pachi, Chuan Antonio Tiu, Manjula Peiris, Sienna Moore, Meryl Bollard, Ashley Bawden, Baluyut Family, Kleindyn Joy Diclas, Sally Grant, Sam Bantett, and Josephine Rose O'Brien

Prayer intentions will remain in the bulletin for two weeks.



BUILDING A "COMMUNITY OF COMMUNITIES" Consultation Survey

10-30 July 2026

As part of our consultation, all parishioners are warmly invited to share their reflections through a short survey.

Your responses will help us honour the identity, gifts, traditions, and pastoral needs of each of our communities, while strengthening our shared mission in faith as a "**community of communities**".

The survey will take about 3-5 minutes.

Please look out for the link and QR code in next week's bulletin. Printed copies will also be available.

CENTRAL CANBERRA, BRADDON & DICKSON

- **Save the Date – Christmas in July Function on Saturday, 25 July 2026. Venue: St Brigid's Parish Hall.** Parishioners from St Patrick's and St Brigid's are invited to attend. Cost is \$50 per person (fully catered; menu details to follow) Proceeds will support parish works at both churches, including toilet renovations at St Brigid's and new facilities at St Patrick's. Donations and raffle prizes are welcome.
- **RCIA program – Commencing Thursday, 6 August at 6:00 pm. Venue: St Brigid's Parish Hall.** Adults who are interested about learning the Catholic Faith or desire to be Catholic may enlist themselves for the Rite of Christian Initiation for Adults (RCIA) by contacting our email innernorth@cg.org.au.
- **Canberra Central – Volunteer Availability (1 August – 1 November)** We are updating our volunteer roster for this period. Please let us know your availability. New volunteers are welcome interested individuals can contact Trish Moore at trish@mooreinvestments.com.au. Thank you for your support.

ST JOSEPH, O'CONNOR

- **Sacramental Program Enrolment 2026.** Enquire by emailing kirstie.buckley@cg.catholic.edu.au.
- **Vinnies at St Joseph's.** Thanking all the parishioners for your wonderful support of the 2026 Winter Appeal. Your generous donations of over \$4,000 will help families in need across the O'Connor and Lyneham communities this winter. Thank you for your kind generosity.
- **Junior Schola Cantorum – Term 3 Orientation Saturday, 25 July at 9:30 am. Venue: Parish Hall.** Families are invited to meet fellow choristers, enjoy a brief vocal assessment, and learn more about the program. For more information and to register, please visit: <https://linktr.ee/stjoseph.choristers>
- **Choral Vespers – Sunday, 19 July at 4:00 pm.** Join St Joseph's Choristers for a peaceful hour of sacred music with Benediction, followed by afternoon tea. Come and Sing Session at 3:00 pm, RSVP here: <https://events.humanitix.com/choral-vespers-july-2026>
- **Unpacking the Short Sayings of Jesus – Meeting fortnightly on Thursdays, 9 & 23 July.** New participants welcome. For more information, contact Anna.Wierzbicka@anu.edu.au

BLACKFRIARS, WATSON

- **The Eucharist in the Life of the Church – Mondays, 13, 20 & 27 July, 7:00 pm - 7:30 pm. Venue: Parish Centre.** Online presentations on The Eucharist in Systematic Theology. Register at innernorth@cg.org.au. For more information, contact Roger Paul at rpaul2572@gmail.com | <https://tinyurl.com/EucharisLifeChurch2026>
- **Watson Vinnies Conference Appeal.** The St Vincent de Paul Society is holding its annual Winter Appeal as a leaving collection at Masses this weekend. We will have Eftpos facilities available. Of course, cash donations will be accepted: our volunteers will be at the exits to accept them. Please donate at our table in the foyer if you need a receipt. If you wish to donate online, go to: <https://www.vinnies.org.au>. Tap the Donate button at the top right of the screen. Type your dollar amount and then tap the Donate button at the bottom of that screen. Fill in your details, including email and address to obtain a receipt. In the Comments/Conference Name box type 'Watson ACT Winter Appeal'. Tap the Payment Options button. Type your credit card or PayPal details. Note you do not have to make a contribution to the 'Cover Platform Costs'. Then finalise payment.
- **The Craft Group.** Offering friendship, company and cuppa on Wednesdays (except 3rd Wednesday) from mid-day in the parish centre. All welcome!
- **Scripture Reflection** for the following Sunday is held each Wednesday in the parish centre from 7:30 pm to 8.30 pm. All welcome.
- **ACU Noon Masses.** Starts with adoration at 11:15 am every Tuesday and Wednesday at the Signadou Chapel (during Semester period)

FROM THE OFFICE

- **Planned Giving Envelopes.** Please note that your new box is available for collection in the foyer of your church.
- **Institute for Synodal Evangelisation third Formation Forum, "Who is the Church?" - Tuesday, 21 July 2026, 5:00 pm – 7:00 pm. Venue: Veritas Building, Australian Catholic University.** Join us for an evening exploring the reality of the Catholic Church in Australia today. Online option available for those outside Canberra, Cost: Free (registration required) Register: bit.ly/formation-forum-church Livestream link provided upon registration, Enquiries: institute@cg.org.au
- **Vocations Discernment Dinner at Evatt Presbytery – Thursday 9 July 6:00 pm.** For men interested in discerning a call to the Priesthood. To RSVP please contact Vocations Director Fr Emil emil.milat@cg.org.au | 0414523036

"We become what we love
and who we love shapes
what we become."

~Saint Clare of Assisi



YOUR MONETARY CONTRIBUTIONS COUNT A LOT...

First Collection

(Supporting all the priests of the Archdiocese)

A/C Name: **Central Presbytery Fund**, BSB: 062-786 and Bank Account: 00029248
Reference: Your parish location, name and intention (e.g., Campbell Smith 1st collect)

Second Collection

(Maintenance/upkeep of the Churches, staff salaries, liturgical needs, insurance, etc.)

~ **Central Canberra, Dickson & Braddon:** A/C Name **Canberra Central Parish**
BSB: 062-786, A/C: 00013150, Ref: Name & Giving Number

~ **St Joseph, O'Connor:** A/C Name: **St Joseph's Parish**
BSB: 062-786, A/C: 00012798, Ref: Name & Giving Number

~ **St Thomas More, Campbell:** A/C Name: **St Thomas More Parish**
BSB: 062-786, A/C: 00014869, Ref: Name & Giving Number

~ **Blackfriars, Watson:** A/C Name: **Blackfriars Parish Watson**
BSB: 062-786, A/C: 00013341, Ref: Name & Giving Number

You are all invited!

Ordination to the
Permanent
DIACONATE
of

DON GOMEZ

by Archbishop Christopher Prowse
5:00 p.m. | Wednesday, 19 August 2026
St Christopher's Cathedral, Canberra



PARISH SAFEGUARDING COMMITMENT

The CINCC is committed to safeguarding and upholding the dignity and rights of our children and vulnerable people. We seek to empower children, their families and carers, and vulnerable people, to have a say, to be listened to, and to be protected. This approach is at the center of all of our thinking and action.

Parish Safeguarding Officers:

- **Central Canberra, Dickson & Braddon:** Barbara | CanberraCentral.Safeguarding@cg.org.au
- **St Joseph, O'Connor:** Noel | OConnor.Safeguarding@cg.org.au
- **St Thomas More, Campbell:** Margie | Campbell.Safeguarding@cg.org.au
- **Blackfriars, Watson:** Nicole | Watson.Safeguarding@cg.org.au

Please send any concerns or enquiries to the above parish email addresses. You may also contact Maria Hicks, Manager of the Institute of Professional Standards & Safeguarding (IPSS), at ipss@cg.org.au or 02 6239 9806.

CONNECT WITH US...

Fr Renoir Jr. Z. Oliver, SSS (Moderator)

E: renoir.oliver@cg.org.au

Fr Sebastian A. Luistro, SSS (Community Superior)

E: sebastian.luistro@cg.org.au

Fr Anthony "Thonn" C. Riosa, SSS

E: anthony.riosa@cg.org.au

Fr Vergel M. Dalangin, SSS

E: vergel.dalangin@cg.org.au



WWW.CGINNERNORTH.ORG.AU

Parish Secretaries:

Kathie Guillester and Cerisse Gomez

E: innernorth@cg.org.au

M: 0416 823 447 or 0412 128 038

P: PO Box 900, Dickson ACT 2602



**ARCHDIOCESAN
ASSEMBLY
2026**

Saturday, 22 August 2026

cgevangelisation.org.au/assembly/

The CINCC acknowledges the Ngunnawal people, the Traditional Owners who have walked upon and cared for this land for thousands of years. We acknowledge the continued deep spiritual attachment and relationship of Aboriginal and Torres Strait Islander peoples to this country and commit ourselves to the ongoing journey of Reconciliation.